

54th Engineer Battalion

From the Battalion Commander

August 2005



Up-Dates



Soldiers and Family Members of the Dagger Battalion

We have received a change of mission for our upcoming Iraq deployment and we will no longer be going to Mosul. Our new mission will take the Dagger Battalion to western Iraq and we will be working for the 2nd Marine Division. It will undoubtedly be an exciting and challenging mission for us and we will be very busy. This change of mission will not effect our deployment date in the beginning of November.

Please use the time now to make sure soldiers and families are ready to go. Get wills updated, powers of attorney and passports completed now as their will not be time to do it all in October. Also, if you have children that are not registered with CYS, you need to do so. Company and battalion FRGs are not babysitting services and no one knows what may happen during our 1 year deployment so even if you do not use the CYS services now, you may need them later.

As block leave approaches I hope everyone takes advantage of the time to see Europe, or fly to the states or to just relax around Bamberg. Use this time to recharge yourself as we will be very busy the last 2 weeks of August and most of September as we return to Grafenwoehr and then we must pack and load our equipment.

Have a great and well deserved block leave!

Daggers In!

LTC McGinley

IMPORTANT DATES for AUGUST

Aug 1-14 BLOCK LEAVE

15-19 P.E.P.

16 Deployment Briefing

23 ACS Finances for Newlyweds

22-Sept 8 TRAINING Graf

29 FIRST Day of School

Your Family Readiness Group Leaders

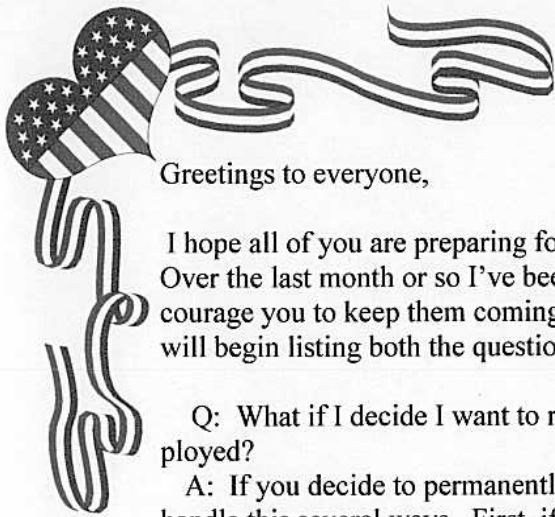
**HHC
Dotty Phipps &
Michelle Mansfield**

**Alpha Company
Brenda Swartz &
Kaye Nazarko**

**Bravo Company
Nikki McKinney**

**Charlie Company
Tamitha Doyon &
Monica Rodriguez**

GET INVOLVED!



NEWS FROM REAR "D"

Greetings to everyone,

I hope all of you are preparing for some upcoming, much deserved leave with your family and friends. Over the last month or so I've been receiving some great questions from all of you and I want to encourage you to keep them coming. To ensure everyone is receiving the answers to those questions I will begin listing both the questions and answers here each month.

Q: What if I decide I want to return to the States (permanently) after my spouse has already deployed?

A: If you decide to permanently return to the States after your spouse has already deployed we can handle this several ways. First, if you have a general power of attorney we can generate the paperwork at the battalion and you can sign it yourself. Going this route, the paperwork can take anywhere from 2-4 weeks for approval from the BSB commander. If you do not have a power of attorney the paperwork will be generated here, sent to Iraq for the sponsor's signature, and returned so we can process it. This process can add a lot of time on to the 2-4 weeks based on the battalion's mission, availability of fax/scanners, etc.

NOTE: Keep in mind, that whichever way you choose you will need a special power of attorney for finance to process your travel claim. You can still travel without the special power of attorney, but you will run into problems being reimbursed for some or all of your travel expenses.

Q: What if my ID card expires while my spouse is deployed downrange?

A: If your ID card will expire while your spouse is down range you can renew it within 90 days of the expiration date. Regulations state that you must have a general power of attorney in order to renew an ID card or make any changes to your DEERS information (i.e. you have a child during the deployment and want to add them to DEERS). You may be able to still get your ID card renewed without the power of attorney, but you are taking a risk by not having one.

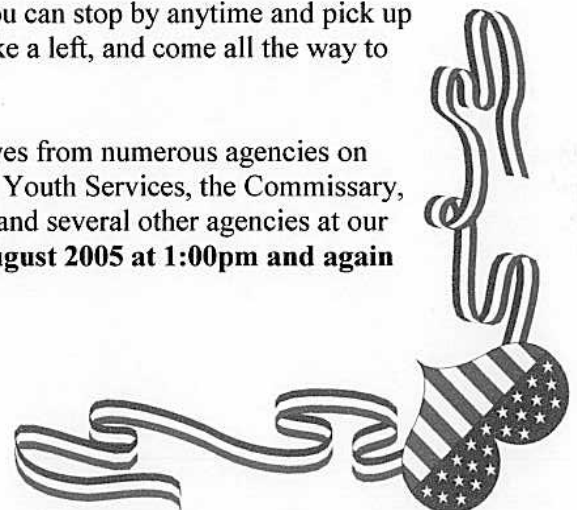
Q: What happens with IACS (installation access control system) registration once my spouse reaches his/her DEROS (date of expected return from overseas)?

A: If your spouse will reach his/her DEROS during the deployment you need to update your IACS registration in order to ensure uninterrupted access to post. If you do not update your registration and the DEROS is reached you will have to have someone sign you on and off post until you can get to the IACS office and re-register. You can re-register anytime by going to the IACS office (co located with DEERS/ID cards) on the second floor of bldg 7290 (next to Burger King). Due to the stop loss all DEROSs that will expire before 28 February 2005 have been adjusted to that date.

Also, if you have missed any of the past briefings (legal, finance, housing, vehicle registration, and transportation) I have copies of all the information. There is a bulletin board and information stand outside my office on the first floor of the battalion headquarters. You can stop by anytime and pick up copies. If you enter the battalion headquarters on the first floor, make a left, and come all the way to the end of the hall. I'm in the last office on the right.

Finally, I want to remind everyone that we will have representatives from numerous agencies on post including civilian employment, the education center, Child and Youth Services, the Commissary, the Post Office, the Volunteer Corps, new parent support, self help, and several other agencies at our next **Family Readiness Deployment Briefing scheduled for 16 August 2005 at 1:00pm and again at 6:30pm in the Regimental Room.** Childcare is also available.

Daggers In!!
ILT Pugh



??NEED A NAME??



How would you like to win a piece of Polish Pottery? All you have to do is submit a name for the Battalion Spouses' Fitness Program! That's right.....it needs a catchy name. So, enter to win by sending your suggestion to beachnut244@hotmail.com or drop it in the mail, box 847.



Are you ready for the challenge? Are you ready to see a new you? Then accept the challenge and start on the road to getting fit!

What is our spouses' fitness program? This is the challenge we will undertake while our spouses are downrange. It will be a process of getting us in shape while challenging our sisters in the each company. Each person will have monthly individual and company goals. It will be a progression of strength and endurance with rewards.

Each month you will receive:

- *A one time physical to check your blood pressure, cholesterol.**
- *Monthly weigh-ins**
- *Tips to help you reach your goal**
- *Motivational articles to keep you going**
- *A tailored work out schedule**
- *Healthy recipes not just for you but for your family**
- *A reward for making our Battalion #1**

If you are READY, then join us in the Regimental Room Tuesday, August 23rd at 6:30pm.





FROM THE COMMADER'S DESK

To the soldiers, family members, and fans of the Headhunter Company,

It is an absolute pleasure and honor to take the reigns from Captain Karen Radka as the new commander of the Headquarters Company. It is a very exciting time for the company as we continue to train and prepare for our upcoming deployment in the fall. I am surrounded by an outstanding cast of leaders and soldiers at all levels, and I am very proud of the way that they have been performing during this change of command transition.

I hope that everyone takes advantage of the block leave period in August, whether it is traveling Europe, visiting family members in the states, or just hanging out at home and barbecuing. I encourage all families to keep safety in the forefront of their minds during your summer plans, we need each and every part of our team to return from leave safely.

A special thanks to Dotty Phipps and Michelle Mansfield for agreeing to "serve another tour" as the Headhunter family readiness group leaders. I would love to see more family members come out and support the group. Not only is there a lot of good information about deployments put out at these meetings, but it is also very important to meet the other spouses that will assist each other in getting through the trying times that lie ahead for us.

Headhunter 6
Captain Jon Stover



**Do you know this GUY??? It
can't be your 1st SGT.....**



Greeting HHC!

Hopefully this newsletter finds you enjoying the nicer days of summer. For most of you, the next two weeks will be spent enjoying some time off with family.

Here are some up-coming events:

FRG Meeting, Monday , 15 August at 1800 in the Regimental Room

Deployment Briefing, Tuesday 16 August at 1300 & 1800 in the Regimental Room

The last week of August and the first week of September, our soldiers are off to the field for their final training exercise.

Our next Block Leave has been tentatively scheduled for 3 through 13 October.

Time is getting short and we hope to see more of you getting involved and attending the FRG meetings. A lot of pertinent information is shared that you will want to have before and during the deployment. It is very important that you make connections and have support before your soldier deploys. Getting involved early ensures that you will have that support system in place should the need arise, or you just need a friendly ear. Hope to see you on 15 August at the next meeting where we will talk about upcoming company and unit events as well as scheduling a Spouses' Night Out.

Have a great August!

Michelle Mansfield

The next FRG meeting is Tuesday, August 15th at 1800! Plan to attend and find out the facts not the rumors!

Outlaw News



Outlaw News

It seems that I open up every newsletter commentary by telling you that it's been a busy month for the Outlaws. At this point I think it could go without saying. Every day we have left is full of important events as we prepare to deploy. I hope everyone is taking maximum advantage of the time we are given off by seeing Europe and beyond, visiting family and friends, and generally enjoying yourselves. Kaye and I are doing our best with the time we're given. I know the stress level is high; I am very busy, your soldier is very busy, but block leave is almost here, and weekends still exist. Have fun!

Thanks to all those who attended the last Family Readiness Briefing. We've got a difficult mission ahead and the more informed Outlaw families are the smoother this deployment will go for everyone.

Remember that on the 28th of July we've got the Battalion Organizational Day. It will be a fun event with lots of activities for all ages. Hope to see you there!

CPT Nazarko
Outlaw 6

WOW! Can you believe it is already August? Where has all the months gone? As we head into fall and closer to our deployment date, things are going to get really busy. Lots of information being put out and as always in the life of the Army—changed. How can you keep up with all of this, but getting involved in the Outlaw family. I cannot stress the importance of being a part of the FRG and finding out the who, what, when and where of our life as Army wives.

While I was home, I kept hearing a phrase from people around me, "It takes a special person to be married to a military man." I want to remind all of you that you are a special kind of spouse. Not everyone can go thru the constant changes and adapt quickly to situations like we can. Notice I used the word "WE". WE will get thru this upcoming year. WE will be there for each other. WE will "suck it up and drive on" and WE will be stronger because WE love our spouses and support them in providing Freedom.

I can't wait to see all of you on the 16th of August. Have a great and safe Block Leave.

Brenda

JOIN US AT OUR FRG MEETING,
Tuesday, August 16th at 6pm in the
Yellow Ribbon Room.

WE ARE COLLECTING E-MAIL ADDRESSES TO BE USED WHILE ON DEPLOYMENT! PLEASE, FORWARD ANY ADDRESSES YOU WANT INCLUDED TO RECEIVE THE UP-DATES OR INFORMATION THAT WE GET. THIS IS FOR FAMILY MEMBERS AND FRIENDS!! FORWARD THEM TO
beachnut244@hotmail.com OR Brenda.swartz@US.Army.mil



BRAVO COMPANY NEWS

July has been a great month for the company. We closed out the month executing ranges, Family Day, and Organizational Day. Thanks for your support during these events.

As mentioned in the last update, please remember to keep safety in mind during the summer months. Most of the company will be traveling somewhere during block leave. Whether you're traveling in Europe or heading to the States, please think and act safely.

Our next FRG meeting is scheduled for 22 August. Please continue your support by attending the meeting.

If you have ideas or suggestions, let us hear them!

CPT Chris Payant

PAMPER YOURSELF

GIVE YOURSELF



PRECIOUS HOURS OF LEISURE

Ladies! Here are some great home made recipes to get your hair ready for the fall. Been at the pool? Hair limp from conditioner build-up? Just want to get the shine back? Well, treat yourself !

Hair Conditioner One Recipe (www.creativehomemaking.com)

Combine mashed avocado with some coconut milk. Comb it through the hair and let sit for 10 -15 minutes, rinse out.

Shampoo Recipe (www.creativehomemaking.com)

In a blender, combine 1 ounce olive oil, 1 egg, 1 table-spoon lemon juice, and 1/2 teaspoon apple cider vinegar. Use as regular shampoo.

Hair Conditioner Two Recipe (www.creativehomemaking.com)

Mayonnaise is a great conditioner for dry hair.

Depending on the length of your hair, apply approximately 1/2 cup of mayonnaise to your dry hair. Work into hair really well and then cover your hair with a plastic bag, allowing to set for about 15 minutes. Rinse thoroughly and then shampoo as usual.



CHARLIE COMPANY

54TH ENGINEER BATTALION (C)(M)

Greetings Charlie Company Family and Friends,

The summer is rolling on by and we are well into the final stages of our preparation for deployment. The company has one more major exercise at Grafenwoehr from 24 August to 8 September, then we will be packing our equipment and getting ready to load our stuff for shipment to Southwest Asia.

The next Company FRG meeting will be 13 September at 6:30 pm in the Regimental Room. We will cover the current situation in Iraq, possible missions for our soldiers and what their living situation is likely to be like.

After that, we will hold another FRG meeting in October, right now the date is to be determined, but that will likely be our last FRG meeting before we deploy.

On Wednesday, 20 July, I was fortunate enough to be able to recognize Karen Larner and Margrette McWilliams for their service to the company as FRG co-leaders for the past year. They were awarded the 98th Area Support Group Flying Eagle Award for Volunteer Service. It was an honor to get to present them with this award in front of our company formation. Thanks again to you Karen and Margrette for that all you have done for the company over the past year or so.

Also, thanks to all the Charlie family members and FRG leadership for your support to the company and our soldiers during this time. We have a rough road ahead, but with your continued support, I know we can make it through and succeed.

See you at the next FRG meeting.

CPT Brobeck

Something to think about

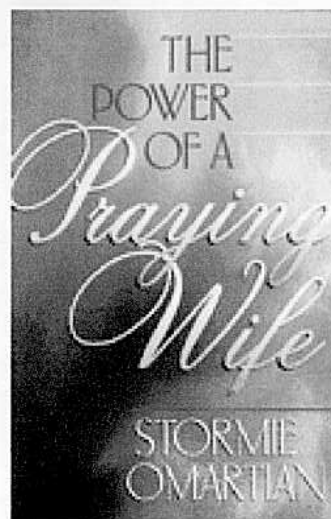
There are moments when our hearts nearly burst within us for the sheer joy of being alive. The first sight of our newborn babies, the warmth of love in another's eyes, the fresh sent of rain on a hot summer's eve—moments like these renew in us a heartfelt appreciation for life. Gwen Ellis

There is no better exercise for the heart than reaching down and lifting someone up. Check out your FRG and encourage someone to go with you.

Battalion Spouses'

Bible Study

Taught by Melissa Gurney



Learn how to pray for your husband and marriage.
Drop by on Monday, September 5th between 6:30 and
7:30pm, in the Yellow Ribbon Room for a time of fellow-
ship and to check out the book. The study will meet
weekly during the deployment and childcare is provided.
Let's cover our soldiers in prayer.

Vacation Bible School

August 1-5 at the HIGH SCHOOL

Register your child by calling the Chapel

Community YOUTH CAMPS!

August 15-19 SOCCER CAMP

August 22-26 TENNIS and GOLF CAMP

For more information contact the CYS

ALL HIGH SCHOOL STUDENTS!!

BHS FOOTBALL CAMP is August 15-20

For more information contact the High School

54th ENBN
Unit 27560
APO AE 09139

MPS

Unit 27560 Box
APO AE 09139

